



A MINUTE OF HEALTH WITH CDC

A Little Less Salt

Sodium Intake Among U.S. School-Aged Children --- 2009-2010

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Excessive sodium consumption is a leading cause of high blood pressure. Reducing sodium intake early in life can decrease the likelihood of hypertension, a major risk factor for heart disease and stroke.

Among school-age children, teenagers consume the most sodium. Foods that are the largest contributors include pizza, bread, and chicken nuggets.

Parents— model a healthy diet by eating fruits and vegetables without added salt, check nutrition labels for lower sodium options, and ask for lower sodium choices when eating out. Good dietary habits developed in childhood can last a lifetime.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.